



THE LEADER

Vol. 38, No. 13

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April 4, 2003



War stories

KC-135 aircrews play vital role
in Operation Iraqi Freedom

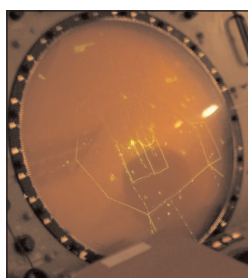
-- See Pages 12 and 13

Photo by Master Sgt. Mark Bucher

319th Air Refueling Wing ♦ Winners of the Air Force Outstanding Unit Award (July 2000 to June 2002)

Inside: RAPCON wins award

Page 3



Not again

Page 4



Mixing a cold one

Page 16



Weekend weather

Today	28/16	flurries
Saturday	29/20	mostly cloudy
Sunday	35/19	mostly cloudy
Monday	38/21	flurries



*Weather information courtesy
319th Operations Support Squadron weather flight*

Base tanker crews launch first combat support missions

By Capt Shane Balken
401st AEW Public Affairs

While most people were just waking up and drinking their first cup of coffee, the first of several KC-135 aircrews from the 401st Air Expeditionary Wing launched combat support missions over Southwest Asia March 19.

A base aircrew took off in tanker 8879 or "el Diablo" as it's referred to in the 100th Air Refueling Wing at RAF Mildenhall, England to refuel fully armed F-15Cs from Eglin AFB, Fla. and Langley AFB, Va.

"It was definitely a team effort all the way around today," said Col. Cathy Clothier, aircraft commander and 401st Expeditionary Operations Group commander for the tanker operations. The 401st AEW has the largest contingent of KC-135 Stratotankers in the theater and are due to receive more aircraft as the war over Iraq increases. Due to host nation sensitivities, the location of the 401st AEW cannot be disclosed.

From the initial aircrew intelligence briefing and pre-flight walk through; up to the air refueling operations; Clothier said everyone involved was very focused.

"Tuesday (March 18) I briefed all of our aircrew about the upcoming operations and told them what we are about to do in the next few days will change history. Not a single bomb gets dropped, not a single air to air engagement happens, or missile is fired unless tankers make it happen," said Clothier. "I'm proud of our people here and I'm excited to be a part of this."

Capt. Brian Mackey and 1st Lt. Ryan Budinko flew with Clothier and both agreed that the mission was one of the most exciting flights they have flown on. "I have deployed several times and flown in both Operations NORTHERN and SOUTHERN WATCH but the atmosphere was different on this mission," said Mackey.

"Today's mission was a lot of fun because of our aircrew and the range of experience from Col Clothier all the way down to Airman Brooks (boom operator) who flew on her first combat support mission."

The third youngest aircrew member in the 401st AEW, 20 year-old Airman Edel Brooks has been in the Air Force just over one year and on March 19, was responsible for offloading 60,000 pounds of fuel to four heavily armed F-15 Eagles.

"It was great," said Brooks referring to the mission. "I always get excited about flying and today was really amazing. The day I stop getting excited about what I'm doing is the day I need to think about doing something else."

The tanker crew flew within 15 miles of the Iraq border and the initial flight wasn't without some tense moments explained Budinko, co-pilot for the mission.

"Prior to the air refueling, we showed up in the Egyptian airspace as an unidentified plane and were told to leave. After working our way through some communication barriers and going over our flight plan several times, they realized we were friendly. The issue was quickly resolved and we were able to continue our mission," said Budinko. "It was a good learning experience and we'll pass on the knowledge to help other crews stay alert to similar issues."

Not only aircrew members take pride in flying combat missions. On Tuesday, production supervisors got together to decide which aircraft was the most reliable to fly the first sortie and which crew chief deserved the recognition of having their jet take off first.

"It was a unanimous decision," said Senior Master Sgt. Jesse Paul, a deployed senior maintenance supervisor for the KC-135 tanker fleet. "8879 has one of the best performance records and Staff Sgt. Ben Buzga (8879 crew chief) has really worked hard and shown a real interest in what he's doing. We can't give them pay



Photo by Master Sgt. Mark Bucher

A KC-135R Stratotanker assigned to the 401st Air Expeditionary Wing returns to its forward operating base after completing a refueling mission in support of Operation Iraqi Freedom.

raises but we can give them honors."

Buzga, a six-year Air Force veteran, was told about the decision the day prior and only had one word to describe it - "Wow." "I was really stoked about the decision," said Buzga. "It's nice to see that people notice what we do and it feels rewarding beyond any letters or papers that we might receive. Staff Sgt. Tony Contreras, Airman First Class Sean Browne and I all work on the aircraft and it was an honor for all of us," said Buzga.

In the days ahead as more aircraft take off from here and provide the legs to get to the fight, the mission of the tankers is consistent. "Our mission doesn't change in peacetime or wartime," said Mackey. "We do this every time we fly and although there might be more coordination during combat missions, we train like we fight and we're ready for anything that comes our way."



Action Line
747-4522

The Action Line is your avenue for information about events and activities on and around the base.

For questions about current events or rumors, please leave a message.

13

DWI-free
Days



Col. Keye Sabol
319th Air Refueling Wing
commander

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Col. Keye Sabol _____ Wing commander

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Staff Sgt. Scott Sturkol _____ Chief, internal information

Staff Sgt. Monte Volk _____ Managing editor

Senior Airman Joshua Moshier _____ Staff writer

Senior Airman Jathzed Fabara _____ Staff writer

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♦**Advertisements** -- Call the Grand Forks Herald at 701.780.1275 before noon Tuesday.

Controlling more than air traffic



Airman 1st Class Blake Powell, front, observes Airman John Cunningham, back, while he controls air traffic within the RAPCON's 4,200 square miles of airspace.

Photo by Senior Airman Jathzed Fabara

Base RAPCON leads way as AMC air traffic control facility of the year

By Senior Airman Jathzed Fabara
Staff writer

Average cost of a plane ticket out of Grand Forks International: four hundred dollars; cost of a new radar facility in the North Dakota region: over one million dollars; knowing that your plane is being controlled by the best air traffic control facility in Air Mobility Command: priceless.

The base radar approach control facility was named the 2002 D. Ray Hardin air traffic control facility of the year award, March 7.

They competed against 11 air traffic facilities throughout AMC and were judged on more than air traffic load, but also on "what each facility has accomplished throughout the year," said 1st Lt. Samuel Robbins, airfield operations officer.

Their accomplishments include flawlessly controlling all air traffic within 4,200 square miles of airspace, having a record year with 129,398 operations, and being able to safely and efficiently direct aircraft to the base, Grand Forks International airport and nine satellite airfields.

"I was really excited," said Antwaun Williams, air traffic controller. "But I felt like it should have happened a long time ago."

Ongoing upgrades through the next five years were mentioned, making the base RAPCON stand out, like its recent installation of a \$900,000 tower simulation system, a realistic training device used to mimic air traffic control operations from the tower.

"It (the tower simulation system) gives a broader field of view between tower and RAPCON for air traffic control officials," said Capt. Philip Strouse, airfield operations flight commander.

Additional upgrades include a tactical forecast system, a touch screen terminal used to get weather reports, and an enhanced terminal voice switch, which replaces the older communications console that connects a variety of air traffic facilities simultaneously.

Overall, the morale at the base RAPCON is positive and when asked for a final thought on what characteristics distinguished them from the rest, Senior Airman John Fuselier said, "camaraderie, management, traffic, willingness to work and love for the job."

Not again!

Just when it started to feel like spring, old man winter played an April Fool's joke on base warriors, dumping snow Tuesday, Wednesday and Thursday, with the possibility of more snow today.

(Right) Staff Sgt. John Scheuer, 319th Maintenance Squadron, shovels his driveway while his vehicle warms up.

(Below) Base snowplows and snowblowers were in full force once again this week.



Photos by Staff Sgt. Scott Sturkol

Air strikes hammer remote terrorist camp

By Senior Master Sgt. Rick Burnham
Air Force Print News

WASHINGTON -- Coalition air strikes during Operation Iraqi Freedom are not only yielding the systematic demolition of the Saddam Hussein regime, but are hammering international

terrorist organizations as well.

Chairman of the Joint Chiefs of Staff Gen. Richard B. Myers, in an April 1 Pentagon press briefing, displayed images of a remote terrorist camp in northeastern Iraq hit by coalition aircraft in recent air strikes. Among the suspected inhabitants of the camp were 300 to 500 members of both the Ansar al-Islam

and al-Qaida terrorist groups.

"We struck this camp with several dozen Tomahawk missiles and precision air strikes, and initial estimates indicate that a significant number of terrorists were killed," Myers said. "Many of the deceased appear not to be Iraqis but members of Ansar al-Islam, al-Qaida or perhaps other international terrorist organizations."

The general, joined at the briefing by Secretary of Defense Donald H. Rumsfeld, said coalition ground forces found evidence that the residents of the camp were up to no good.

"We believe they were developing poisons for use against civilians in Europe and the United States," Myers said.

Similar results of the effectiveness of coalition airpower can be found near Baghdad, where the forces of Saddam Hussein are experiencing many a sleepless night, the general said.

"The air campaign continues to strike

Iraqi leadership targets in Baghdad and throughout the country, to include air strikes on Iraqi command, control and communication facilities, as well as air defense sites," he said. "Republican Guard divisions are continuously being struck by our ground and air forces, significantly degrading their combat capability. Some of them have been degraded to below 50 percent."

Coalition pilots have dropped more than 9,000 precision-guided munitions since Operation Iraqi Freedom began, Myers said. Those pilots have flown more than 1,000 sorties in the past 24 hours, he added.

Rumsfeld said it has become painfully clear to the forces of Saddam Hussein that they are fighting a losing battle.

"Day and night, coalition air power is degrading Iraq's command and control with strikes that are powerful, sustained and precise," he said. "The regime has not lost, but is losing its ability to effectively communicate with its forces."

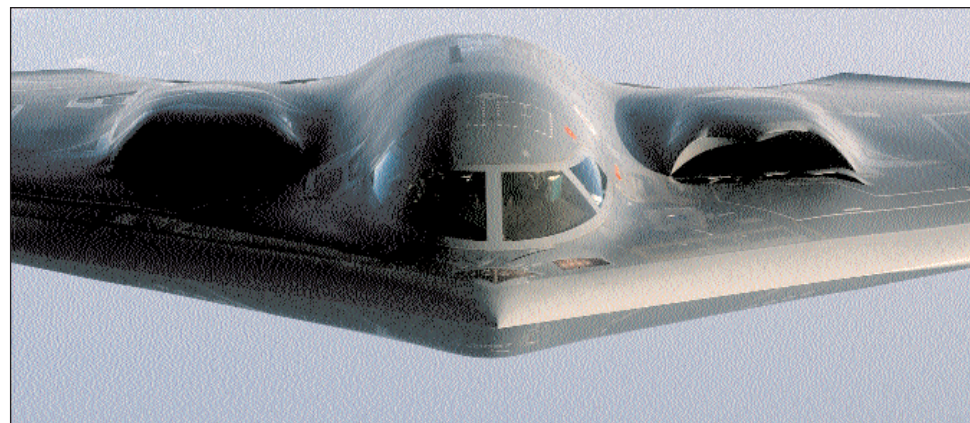


Photo by Staff Sgt. Cherie A. Thurlby

A B-2 Spirit, returning from a mission over Iraq, takes on fuel from a KC-135 Stratotanker over the Indian Ocean on March 27, 2003.

Republican Guard division ‘destroyed’

By Senior Master Sgt. Rick Burnham

Air Force Print News

WASHINGTON -- With divisions divided and divisions destroyed, April is off to a bad start for Iraq’s famed Republican Guard.

An official from U.S. Central Command confirmed in an April 2 press briefing at the unit’s forward headquarters in Qatar that the Baghdad division of the guard “has been destroyed” in fighting south of the capital city that bears its name. Army Brig. Gen. Vincent Brooks, CENTCOM deputy operations officer, said that recent coalition air strikes, along with artillery barrages, had decimated the division.

As the remaining divisions of the guard deal with a constant onslaught from coalition ground and air forces, they are being augmented by forces from locations north of Baghdad, Brooks said.

“Because of the effectiveness of our air attacks and precision targeting over the last several days, (the guard) is relocating to positions where they want to

hold certain terrain,” he said. “There have been some units who have moved in from the north to reinforce. That is why we have a mixture of the Nebuchadnezzar and Medina divisions.”

Regardless of where they fight and what division of the Republican Guard they fight for, members of the Iraqi army are experiencing extreme difficulty, he said.

“They’re in trouble,” he said. “They are under serious attack, and those attacks will continue until we finish with the task at hand.”

Air Force pilots have flown more than 12,000 sorties during the first 13 days of Operation Iraqi Freedom, including some 5,000 “strike and counter-air” missions, according to Pentagon officials.

In addition, Air Force pilots have logged 4,000 airlift missions, moving almost 27,000 short tons of cargo and 32,000 passengers, and 2,500 refueling flights, offloading 107 million pounds of fuel to aircraft of “every coalition member.”

Other flights include 200 combat search and rescue missions, along with another 500 intelligence, surveillance and reconnaissance sorties.



Photo by Staff Sgt. Matthew Hannen

Air Force maintainers work on an F-15C Eagle on March 26 for a strike mission from a forward-deployed Operation Iraqi Freedom location. The maintenance technicians are assigned to the 363rd Expeditionary Maintenance Squadron. Coalition aircraft flew more than 1,500 sorties March 26 for Operation Iraqi Freedom.

Luncheon jump-starts base AFAF campaign

By Senior Airman Jathzed Fabara
Public affairs

The 2003 Air Force Assistance Fund campaign officially started on base with a luncheon March 28 at the Northern Lights Club, sponsored by the Air Force Aid Society.

Those in attendance included 10 representatives and commanders of each squadron and Col. Scott Phillips, vice commander, showed his support for the Air Force Assistance Fund campaign, by being the guest speaker.

“I encourage all to support a campaign that truly supports our own family,” said Phillips. “The Air Force Aid Society is able to step in and take care of financial needs and solve crisis.”

During the luncheon, many squadron commanders and representatives had the opportunity to see a documentary showing various Air Force giving first-hand accounts of how the AFAS’s ‘airman helping airman’ mentality has helped them in their time of need, both financially and emotionally.

In a heart-felt closing by prior-enlisted airman 1st Lt. Jeffrey Johns told how

the Air Force Aid Society helped him before his father’s death.

“As an airman, during tech school, I had no money, so I went to the Family Support Center, got a plane ticket home, and received help from the AFAS,” said Johns, AFAF project officer. “If it wasn’t for the Air Force Aid Society, I probably wouldn’t have seen my father.”

The Air Force Assistance fund was established to raise funds for organizations that support the Air Force family such as active duty, retirees, reservists, guard and their dependents, and surviving spouses, during times of emergency and exceptional circumstances.

The organizations are the Air Force Village Foundation, the Air Force Aid Society, the General and Mrs. Curtis E. LeMay Foundation, and the Air Force Enlisted Men’s Widows and Dependents Home Foundation.

Representatives are making their way through their units with a goal of making 100 percent contact. If you have not been contacted and would like to contribute, call Johns at 747-4346 or 1st Lt. Colleen Ewasko at 747-5804



Photo by Senior Airman Jathzed Fabara

Col. Scott Phillips, 319th Air Refueling Wing vice commander, was the guest speaker at the Air Force Assistance Fund kick-off luncheon March 28.

Briefs

Guard vacancies

The 109th Airlift Wing, in Scotia NY, home of the C-130 ski-birds, has Traditional Guard vacancies in the following career fields: 1A1X1, 2A5X1, 2A5X3, 2A6X1, 2A6X2, 2A6X4, 2A6X5, 2A6X6, 2A7X1, 2A7X3, 2E1X3, 2E6X3, 2F0X1, 2S0X1, 2T251, 2W0X1, 3E0X1, 3E1X1, 3E2X1, 3E4X1, 3E7X1, 3M0X1, 3P0X1, 4A0X1, 4A1X1, 4A2X1, 4E0X1, 4N0X1, 4T0X1, and 4Y0X1, as well as full-time active duty opportunities in the following AFSC: 2A6X6. For details call Master Sgt. Wesley Ryerson at DSN 344-2456 or 1-800-524-5070 or e-mail Wesley.Ryerson@nyscot.ang.af.mil.

OPSEC tip

There are a lot of well meaning people in communities around the country creating “honor lists” for those deployed military members. While the intent is good, the information is quite valuable in the hands of terrorists or anti-war protesters.

For protection of troops and family members back home, all personnel associated with the military should protect the names of those deployed.

It’s hard for deployed military members to do their job if they knew their family back home was getting harassed.

School programs

Preschool Special Needs Program

The preschool special needs program includes developing peers in the program. Children are screened in May for inclusion in the program beginning in October of the following school year. To be a part of the peer component of the program, children must meet certain criteria.

Preschool Selective Screen

The Preschool Selective Screen is a referral program for children ages three to five whose parents suspect a delay in their general development. The next scheduled dates are April 16 and May 7 at Century Elementary School.

Kindergarten Early Entrance Testing

Normally, a child entering kindergarten must be at least five years old by Aug. 31 in order to enroll in school. However, there is option for early entrance if the child turns five between Sept. 1 and Dec. 31. In order to be considered for early entrance, the child must be evaluated for school readiness by a team of qualified

professionals. Application forms are available at any elementary school office.

For details call the Grand Forks Special Education Office at 746-2205, ext. 108.

Corrections

The photo below, from the cover of the March 7 *LEADER*, in the March 14 *LEADER*, was taken by Staff Sgt. Jason Gamble.



PECI

The Air Force Productivity Enhancing Capital Investment Program can provide up-front money to invest in new computers, modern facilities, better equipment, or almost any improvement that reaps a return on the investment.

The amount of money determines which of the two Peci programs is used...Productivity Investment Fund for purchases over \$200,000 and the Fast Payback Capital Investment for purchases under \$200,000.

Units that use working capital funds (like TWCF) can't use Peci. Also, an approved Peci project has to pay back the investment with manpower or operations and support costs savings in a set amount of time --FASCAP in two years and PIF in four years.

New equipment or facilities just scratches the surface of the benefits of Peci. If the project saves more than the money invested, the unit keeps the extra dollars. The people that come up with the ideas for approved projects are eligible for SECDEF, Air Force, MAJCOM, and local awards. And, best of all, individuals who originate projects can take credit through the IDEA Program to get cash incentives.

What do you have to lose? Nothing. What do you have to gain? Unit recognition, awards, and cash incentives.

Got an idea for a Peci project? Contact your local Peci Analyst in the wing Manpower and Organization Office, 2nd Lt. Mike Marren 747-3255 or MAJCOM Peci Analyst at AMC headquarters, DSN 779-4234.

Protect our young ...

Each day an average of three children dies as a result of child maltreatment

By Shelly Troff
Contributing Writer

No one likes to talk about it...no one likes to think about it.

Who wants to imagine our youngest and most vulnerable population—innocent children—suffering the horrors of child abuse?

But sadly, it just won't go away. As long as there are children, there will be child abuse.

In a civilized society where social awareness campaigns seem to plaster every roadside billboard, it's easy to become complacent or even nominalize this issue, privately hoping someone else will do the painful work known as abuse prevention.

Many of us live in supposedly safe and accountable environments where abuse doesn't "touch our lives." But the following statistics paint a grim picture: children—of all races, genders and socioeconomic backgrounds—are being abused each day, and they may be closer to you than you think.

In 2000, nearly three million reports of abuse concerning five million children were made. In almost two-thirds (62 percent) of these cases, there was sufficient information to prompt investigations.

Further, each day an average of three children dies as a result of child maltreatment. And, there are thousands more that suffer some form of neglect. Children of all ages experience abuse, but children under one year of age accounted for nearly one-half (44 percent) of child abuse and neglect deaths reported in 2000; 85 percent of the children who died were younger than six years of age.

Those are big numbers—too big to ignore.

So what is child abuse and how is it identified?

While each state is individually responsible for defining child abuse and neglect, there is Federal minimum standards that are outlined in the Child Abuse and Prevention Treatment Act (CAPTA).

Abuse takes on many ugly faces but

is primarily divided, by the U.S.

Department of Health and Human Services, in four distinct categories: neglect, physical abuse, sexual abuse, and emotional abuse. Although any of these may be found separately, they often occur together.

Neglect is defined as failure to provide for a child's basic needs, and may be physical (e.g., inappropriate supervision or failing to provide food, medical care or housing); educational (e.g., failure to seek education for a child or attending to special educational needs); or emotional (e.g., any pattern of behavior that impairs a child's emotional development or sense of self-worth. This may include criticism, threats or rejection, as well as withholding love, support or guidance).

Physical abuse is physical injury as a result of punching, beating, kicking, biting, shaking, throwing, hitting, choking, burning or otherwise harming a child. Such injury is considered abuse regardless of whether or not the caretaker intended to hurt the child.

Sexual abuse includes activities by parent or caretaker such as fondling, penetration, incest, rape, sodomy, indecent exposure and commercial exploitation through prostitution or the production of pornographic materials.

These descriptions of abuse are horrific to read—imagine suffering any of these at the whim of a parent or caretaker.

Child Abuse Prevention Month highlights opportunities to support parents and families in their daily roles, as well as the changes needed to combat this social ill.

"Gateways to Prevention" is a national child abuse prevention campaign offered through the U.S. Department of Health and Human Services' Children's Bureau in cooperation with Prevent Child Abuse America. They offer many tips for prevention—during April and throughout the year, in an effort to keep our young from becoming statistics in your community.

For additional information, log on to their website: www.preventchildabuse.org or www.calib.com/nccanch.

The Five R's:

Raise the issue

Contact your local school district and faith community to encourage them to sponsor classes and support programs for new parents.

Call or write your candidates and elected officials to educate them about issues in your community and the need for child abuse prevention, intervention and treatment programs.

Reach out to kids and families in your community

Anything you do to support kids or a parent in your own family or your extended community help to reduce the likelihood of child abuse and neglect.

Be a good neighbor. Offer to baby-sit. Donate your children's used clothing, furniture and toys for use by another family. Be kind and supportive, particularly to new parents and children.

Remember the risk factors

Child abuse and neglect occur in all segments of our society, but the risk factors are greater in families where parents:

Abuse alcohol or drugs

Are isolated from their families and communities

Have difficulty controlling their anger or stress.

Appear uninterested in the care, nourishment or safety of their children.

Seem to be having serious economic, housing or personal problems.

Recognize the warning signs

Join community prevention efforts.

Recognize the warning signs. Signs that a child might be abused or neglected

Nervousness around adults

Aggression toward adults or other children

Inability to stay awake or concentrate for extended time periods

Sudden, traumatic changes in personality or activities

Sexual acting out or inappropriate sexual interest

Frequent or unexplained bruises or injuries

Low self-esteem

Poor hygiene

Report suspected abuse or neglect

If you suspect abuse or neglect is occurring, report it—and keep reporting it—until something is done! Contact Child Protective Services or your local police department.

Source: Prvent Child Abuse North Dakota

What it takes to be a Mom or Dad

Read to Your Children

Keep your promises

Go for walks together

Let your children help with household projects

Spend time one-on-one with each child

Tell your children about your childhood.

Go to the zoo, museum, and ball games as a family.

Set a good example.

Use good manners.

Help your children with their homework.

Show your children lots of warmth and affection

Set clear, consistent limits.

Consider how your decisions will affect your children.

Listen to your children.

Know your children's friends.

Take your children to work.

Open a college savings account.

Resolve conflicts quickly.

Take your children to your place of worship.

Make a kite together.

Fly a kite together.

You get the idea...

Adapted from What It Takes to be a Dad, with permission: National Fatherhood Initiative

Airman Against Drunk Driving

** Available only to military members,
their families and DOD civilians*



**Your last resort for a
safe ride home.**

**740-CARE
(2273)**

Commentary

‘Our reliance is in the love of liberty’

By Col. Keye Sabol

319th Air Refueling Wing commander (deployed)

I’ve never seen a more determined group - men and women from many walks of life - active duty, reserve, guard - all with a defined purpose - to liberate Iraq of a tyrannical regime, bring freedom to an impoverished people and bring stability to a region that has known only war.

You’d be so very proud of these folks - mothers, fathers, sons, daughters, brothers, sisters - all left the comforts of home; some married just days before deployment; others with very young children at home - and many, single parents.

There is nothing more painful than saying goodbye and heading to a war on the other side of the globe. The 30-plus hour plane trip (numerous stops) was quiet. And yet, these heroes flew to a land they had never seen, set up camp and within days began an around the clock flying operation that will not end until victory is achieved - the resilience of the American soldier is unbeatable!

One of the reasons we can do this is the tremendous support from the home front. At this base alone we receive two truckloads of mail a day, e-mails 24/7,

encouraging banners from schools and flags from around the Nation, which we display proudly!

As the deployed commander at one of these bases I can tell you your support will be key to our victory. We literally surround ourselves with these things - like being in a stadium filled with thousands of fans, cheering us on. Let there be no doubt, at times like these, we truly need to come together as one nation, under God, indivisible ... driven by the desire to ensure liberty and justice for all.

You may say this is a lot of “Mom and Apple Pie.” The patriotism on this “rock” is the spark that drives the machine.



Col. Keye Sabol

American flags in hats, on shirts, in the dining hall, in the recreation center, in every office and many tents; multiple flags in every plane flying combat sorties and this in a foreign country where we are not allowed to raise the flag - we do everything but.

You’d be proud of this team of patriots. Fueled by support from the home front, “we will prevail,” and the world, our nation, will be more secure for it.

Maybe this is what President Thomas Jefferson meant when he claimed: “Our reliance is in the love of liberty ... Our defense is in the preservation of the spirit which prizes liberty as the heritage of all men, in all lands, everywhere.”

I've got my flag up, it's not coming down

By Staff Sgt. Scott T. Sturkol
Public affairs

I've got an old American flag I've always put up for days like Memorial Day, Flag Day, or Veteran's Day.

After the Sept. 11, 2001, terrorist attacks on New York and Washington, D.C., I kept the flag flying at my house for nearly a whole year. With the onset of Operation Iraqi Freedom, I have made a decision to keep the stars and stripes flying year-round because I want people to know I am proud of that flag and what it stands for.

Maybe I sound like an overly-patriotic fool—so sue me. We, meaning the United States military, are in a multi-pronged fight internationally and nationally, and I have family, friends, and neighbors putting their lives at risk not just for Operation Iraqi Freedom, but for Operation Enduring Freedom and the overall War on Terrorism as well.

As a military, our fight in all these operations is as one. One way for me to remind myself and show others that fact is to display the American flag. Over and over the stars and stripes have been a reminder to us all that men and women have died to protect our freedoms. Today it is no different.

Despite the fact that I'm not on front lines doesn't mean I don't have a role to play or that I'm less sig-



nificant. On the home front—military and family members alike—we all have a part to play. If we can show our deployed troops everything is going well back home, their minds will be more focused on the mission they have to accomplish.

As of today, OIF will be in its ninth day of operations and OEF has already surpassed 18 months of operations. We've seen on television what's going on and we know our leaders will do all they can to make sure our military is in the best position for victory.

When you see or hear of casualties from any of our military operations keep one thing in mind: that American flag each one of wears on their shoulder. They are prepared to give their lives for that flag and some already have.

Fly your flag. Be proud of it. And support our folks in any way you can.

It's **YOUR** Air Force

with your **IDEAS** we do things

- ♦ **FASTER**
- ♦ **BETTER**
- ♦ **CHEAPER**



For the latest news on the **IDEA** program, consult the Grand Forks Air Force Base **IDEA** analyst.

2nd Lt. Michael Marren,
747-7107

KC-135s

Keep allied forces flying

Editors note: The 319th Air Refueling Wing has aircraft deployed to two locations and has base warriors deployed to more than 30 locations throughout the area of responsibility, all supporting Operation Iraqi Freedom.

By Army Staff Sgt. Robert Hayes
Army and Air Force Hometown News

OPERATION IRAQI FREEDOM (AFPN) – As the Air Force's operating tempo climbs to unprecedented heights in support of Operation Iraqi Freedom, the efforts of refueling tankers are keeping the air war on track. With the average daily number of air sorties going from

1,000 to 1,800 in the past two days, according to a defense official, one squadron is providing round-the-clock fuel support for many of the record number of allied aircraft.

Lt. Col. James Vechery, commander of the 340th Expeditionary Air Refueling Squadron at Base Y, said his unit flew 116 sorties and refueled 491 allied aircraft in the first six days of the operation.

"At least a third to a half of our aircraft are in the air at any given time, and as the operation tempo increases, so will the number of sorties we fly," said Vechery. "We are a force extender. By bringing fuel to the fight, we are allowing other planes with more extensive combat power to complete their missions.

With a fuel storage capability of 83,000 pounds, the squadron's KC-135 Stratotanker are providing support for the full spectrum of allied aircraft, from F-15E Strike Eagles to British GR4 Tornados.

Operating as a "gas station in the sky," a Stratotanker is typically flying a four to six hour mission, and refuels an average of six coalition aircraft per sortie, said Maj. Greg West, a KC-135 pilot.

"We have a pre-determined air space that we fly to, and from that point on, everything is synchronized by air traffic controllers on the ground, as well as the pilots coming in for fuel," said West. "It's a big operation, and it takes a lot of coordination to make things work, but after some initial growing pains, everything seems to be running smoothly."

(Right) A KC-135R Stratotanker assigned to the 401st Air Expeditionary Wing returns to it's forward deployed operating base located in the Mediterranean region after completing a mission in support of Operation IRAQI FREEDOM.

(Left) Col. Cathy Clothier, 319th Operations Group Commander, pauses before leading the first combat mission of the 401st Air Expeditionary Wing. Clothier is the 401st Operations Group Commander overseeing the flying and fighting operations of all assigned aircraft and aircrew to the 401st AEW, located in the Mediterranean region.



Amn. Edel Brooks, front, a boom operator from the 911th Air Refueling Squadron and Col. Cathy Clothier, back, watch a "receiver" aircraft take on fuel during a recent sortie while both were assigned to the 401st Air Expeditionary Wing, operating at a forward operating base in the Mediterranean region.

The large scale operation, however, has forced both pilots and those supplying the fuel to adapt to situations seldom seen in a training environment.

Staff Sgt. Matt York, a boom operator in charge of prioritizing and refueling the aircraft that approach his KC-135, said that being flexible has been a key to the success of the missions.

"I've had instances where I have a set order for the planes I'll be refueling, but at the last minute an aircraft will fly up and need fuel almost immediately. When that happens, the plan has to be adjusted so that the plane running on empty gets the fuel it needs," said York.

"This is also the first time a lot of these fighter pilots have had to refuel under these conditions, and they've

also had to adjust," he said. "Normally, there is a lot of space between aircraft waiting to refuel, but I've had instances where the planes were in a wing-tip to wing-tip formation, just because there is such a sense of urgency in getting to where they need to be."

And while that sense of urgency has created an operating tempo that most of the KC-135 pilots, crews and maintainers have never seen, their commander said the unit's morale has never been higher.

"There was a time when all of the uncertainty took its toll, but now that the operation has begun, you can really see the fire in these airmen's eyes," said Vechery. "They know that their job is important to the overall success of the mission, and that they are now taking care of business."



Photos by Master Sgt. Mark Bucher

An F-15C Eagle from the 33rd Fighter Wing, Eglin AFB Fla., receives fuel high over southwest asia from a tanker assigned to the 401st Air Expeditionary Wing operating from a forward base located in the Mediterranean region.

Community

Saturday

QUILTING CLASS

Sign up for the Skills Development Center’s “Geranium Stained Glass” Quilt Class April 7 and 14 from 10 a.m. to 1 p.m. Cost is \$15 plus supplies. For sign-up or more information contact the Skills Development Center 747-3482.

VIDEO NIGHT

There is a Preteen video night tonight for ages 6 – 12 from 7 to 9 p.m. at the Youth Center. Cost is \$1 popcorn included.

Sunday

SUPER SUNDAY BRUNCH

Enjoy the Northern Light Club’s Super Sunday Brunch today from 10:30 a.m. to 1:30 p.m.! Come and enjoy 2 meats, biscuits & gravy, eggs, fruit, waffles, omelets and more!

Monday

WORKSHOP

Sign up for the Skills Development Center’s Table Runner for “All Seasons” Workshop April 9 and 16 from 10 a.m. to 1 p.m. Cost is \$15 plus materials. For sign-up or more information contact the Skills Development Center 747-3482.

PHOTOGRAPHY CONTEST

Boys & Girls Clubs of America are having a Photography Exhibit, which starts today and goes through April 11. The exhibit is at the Youth Center, 747-3151 for more information.

“BOYS & GIRLS CLUBS OF AMERICA WEEK”

Help the Youth Center celebrate “Boys & Girls Clubs of America Week” April 7 through 11. Stop by the Youth Center and see what type of Boys & Girls Club Programming is being offered here on the base. There will be a Teen Karaoke Challenge and opening skating at Liberty Square April 11 – show your Boys & Girls Club membership card and receive a \$1 off skate admission!

TORCH CLUB MEETING

The Torch Clubs are small group clubs offering service and leadership opportunities to young people ages 11 through 13. Torch Clubs are a powerful vehicle for helping clubs meet the special needs of today’s 11 - 13 year old boys and girls by providing:

A sense of belonging; positive interaction with a small group of peers; guidance and support of a committed, caring adult; opportunities to make a difference in the world through helping others; a sense of pride, self-worth and accomplishments that flows from learning to make and take responsibility for decisions

A Torch Club consists of an adult advisor and 6-15 boys and/or girls who elect their own officers and plan and manage their own activities in four areas: Club and Community Service, Education, Athletics & Fitness and Social Recreation. More than anything - Torch Clubs offer the means to effectively support the building of good citizens for the future of our country. Through Torch Club activities, young people learn they can do something meaningful for themselves, their Club and their Community!

If interested contact the Youth Center, 747-3150, or stop in and see us!

Wednesday

SHOOTING STAR CASINO

Sign up by COB today for Outdoor Recreation’s Shooting Star Casino trip Apr. 11! Departure is at 5 p.m. from the Community Center and you will return late the same evening. Cost is \$25 per adult, children under 12 accompanied by an adult \$ 12.50, includes transportation only. For more information contact Outdoor Recreation, 747-3688.

Thursday

GEOGRAPHY BEE

There is a Preteen Geography Bee tonight for ages 9 – 12 at 5:30 p.m. at the Youth Center.

TEEN STUDY GROUP

Teen Study Group: every Thursday at the Youth Center for ages 13 – 18 from 7 to 8 p.m.

HANDS ON LEARNING FAIR

Upcoming

The Grand Forks Community will be hosting the Annual Hands-On Learning April 12 at the Purpur Arena. Parents and children (infant to age 7) are invited to participate in a multitude of hands on leaning activities. The 319th Services Family Member Support Flight participates each year and would like to invite base families to attend. The event is from 10 am to 1 pm, for additional information contact the Family Child Care Office at 747-4506.

Heir Force

Emily Vanessa Cloutier, 7-pound, 1.5-ounce, 21-inch baby girl born Feb. 24 to Master Sgt. Donald P. Cloutier, 319th Communications Squadron and Staff Sgt. Janel C. Cloutier, 319th Security Forces Squadron

Tony Dewayne Curtis, 8-pound, 3.5-ounce, 20-inch baby boy born to Ericka and Senior Airman Tony Curtis, 912th Air Refueling Squadron.

Jory Thomas Daack, 6-pound, 12.2-ounce, 20-inch baby boy born Feb. 7 to Jennifer and Capt. Matt Daack, 906th Air Refueling Squadron

Jihana Elizabeth Garcia, 8.4-pound, 21-inch baby girl born Feb. 21 to Marisol and Senior Airman Juan M. Garcia, 319th Logistics Readiness Squadron

Joshua Stephen Harrington, 6-pound, 19.5-inch baby boy born Mar. 2 to Melody and Senior Airman Samuel Harrington, 319th Civil Engineer Squadron

Titus Jay Larson, 8-pound, 2-ounce, 20.5-inch baby boy born Feb. 1 to Meagan and Senior Airman Jonathan J. Larson, 912th Air Refueling Squadron

Elizabeth Raeanne Leslie, 6-pound, 15-ounce, 19-inch baby girl born Feb. 12 to Kari and Technical Sgt. Dan Leslie, 319th Maintenance Squadron

Marisa Jade Locke, 7-pound, 3.7-ounce, 20.5-inch baby girl born Mar. 11 to Airman First Class Mary Locke, 319th Maintenance Squadron.

Dillon Michael O’Quinn, 9-pound, 4-ounce, 21.5-inch baby boy born Feb. 25 to Heather Marie and Staff Sgt. Charles Patrick O’Quinn, 319th Medical Operations Squadron.

Robin Beverly Runnells, 6-pound, 7-ounce, 20-inch baby girl born Feb. 3 to Dody and Technical Sgt. George Andrew Runnells Jr., 319th Civil Engineer Squadron.

Isaiah Jordan Shahin, 6-pound, 3-ounce, 20-inch baby boy born Feb. 5 to Technical Sgt. Samir Shahin, 905th Air Refueling Squadron and Technical Sgt. Marnie Shahin, 319th Aeromedical Dental Squadron.

Issa Samir Shahin, 5-pound, 6-ounce, 19-inch baby boy born Feb. 5 to Technical Sgt. Samir Shahin, 905th Air Refueling Squadron and Technical Sgt. Marnie Shahin, 319th Aeromedical Dental Squadron.

Juan M. Cruz Trinidad, 8-pound, 5-ounce baby boy born Jan. 3 to Juan M. Cruz Garcia and Senior Airman Aisha M. Trinidad, 319th Air Refueling Wing.

Maris Elaine Tuck, 6-pound, 14-ounce, 20-inch baby girl born Feb. 19 to Christine and Senior Airman Shane Michael Tuck, 319th Aircraft Maintenance Squadron.

Hayden Vance Vernon, 8-lb, 3.6-ounce, 21.75-inch baby boy born Feb. 28 to Jo-Ann and Staff Sgt. Kelly Vernon, 319th Medical Group.

Base theater

Today, 7 p.m.

Deliver Us From Eva (R)

Three men pay a born ladies' man (LL Cool J) \$5,000 to go out with their meddling, high-maintenance sister-in-law, Eva (Gabrielle Union). After a disastrous first date, the unlikely pair begins to fall in love, much to the chagrin of the three accomplices.

Saturday, 7 p.m.

Adaptation (R)

It's two odd stories in one. The plot follows the attempt of screenwriter Charlie Kaufman (Nicolas Cage) to adapt Susan Orlean's nonfiction novel The Orchid Thief for the big screen. As Kaufman tries to work with the book's true story — the tale of John Laroche (Chris Cooper), a Florida plant dealer who works with Seminole Indians to create clones of rare orchids, which he sells to collectors for huge profits — he nearly goes mad. Enter his fictional twin (also Cage), a more successful version of Charlie. Charlie finally manages to finish the script, finding that in the process, he's incorporated himself and his writer's block into the story. Meryl Streep plays Orlean.

April 11, 7 p.m.

Cradle 2 The Grave (R)

April 12, 3 p.m.

Special Surprise Matinee

April 12, 7 p.m.

The Life of David Gale (R)

April 13, 7 p.m.

Gods and Generals (PG-13)

Tickets: \$1.50 children, \$3 adults
For details, call 747-3021/6123.

Base chapel

CATHOLIC:

Mass: 5 p.m. Saturday, 9 a.m. Sunday.

Daily Mass: Tuesday - Friday 11:30 a.m.

Sunflower Chapel

Stations of the Cross: 7 p.m. Wednesday,

Sunflower Chapel

CCD: 10:45 a.m. Sunday, Twining

Elementary School, RCIA plus Confirmation

Reconciliation: 4 p.m. Saturday, 8:30 a.m.

Sunday, or by appointment, Sunflower Chapel

PROTESTANT:

Traditional worship: 10:30 a.m. Sunday,

Sunflower Chapel.

Liturgical worship: 10:30 a.m. Sunday,

Prairie Rose Chapel.

Contemporary worship: 6 p.m. Sunday,

Prairie Rose Chapel

Young Adults: 6 p.m. Friday, Chaplain

Swain’s home 747-4359

Youth: 4 p.m. Sunday, meet at youth center

Religious Education: 9 a.m. Sunday,

Eielson Elementary School.

Men of the Chapel: noon Monday, Prairie

Rose conference room

JEWISH:

For details call Sheila Farquharson at 594-

3960 or Synagogue B’nai Israel at 775-5124.

RUSSIAN/EASTERN ORTHODOX:

For details call Dr. Levitov 780-6540.

MUSLIM, BUDDHIST, OTHER:

For details call 747-5673.

Fast Eddie's 2 now open at base fitness center

Hungry after your early morning workout? Need a quick “on-the-go” breakfast alternative? Check out the new smoothie bar at Fast Eddie's 2, your first stop for breakfast. Fast Eddie's 2 is now open Monday through Friday from 6-9 am at the Base Fitness Center located directly across from the base pool.

Mikal White, 319th Services, a.k.a. “the smoothie guy” is serving up freshly-baked bagels, nutrition bars, Seattle's Best coffees and smoothies in four great flavors.

“I have strawberry, banana, tropical fruit, and raspberry flavors, or any combination of these,” said White, adding that he'll gladly prepare any flavored smoothie you request.

He'll even blend in your own protein powder or nutritional booster to the smoothie, provided you supply the mix. “Hey, I'm a heckuva' guy!” said White. And he truly is...

Fast Eddie's 2 also opens for business

during special events at the gym or during intramurals between 3:30-8:00 pm on Tuesdays, Wednesdays and Thursday.



Photos by Shelly Troff

Mikal White, “the smoothie guy,” serves up a delicious smoothie.

There are 1440 minutes in every day... Schedule 30 of them for physical activity

- Adults need recess too! With a little creativity and planning, even the person with the busiest schedule can make room for physical activity. For many folks, before or after work or meals is often an available time to cycle, walk, or play. Think about your weekly or daily schedule and look for or make opportunities to be more active. Every little bit helps. Consider the following suggestions:
- Walk, cycle, jog, skate, etc., to work, school, the store, or place of worship.
 - Park the car farther away from your destination.
 - Get on or off the bus several blocks away.
 - Take the stairs instead of the elevator or escalator.
 - Play with children or pets. If you find it too difficult to be active after work, try it before work.
 - Take fitness breaks-walking or doing desk exercises-instead of taking cigarette or coffee breaks.
 - Perform gardening or home repair activities.
 - Avoid labor-saving devices-turn off the self-propel option on your lawn mower or vacuum cleaner.
 - Use leg power-take small trips on foot to get your body moving.
 - Exercise while watching TV (for example, use hand weights, stationary bicycle/treadmill, etc. or stretch).
 - Dance to music.
 - Keep a pair of comfortable walking or running shoes in your car and office. You'll be ready for activity wherever you go!
 - Make a Saturday morning walk a group habit.
 - Walk while doing errands.

Source: The Executive Office of the President and the Department of Health and Human Services

Physical fitness

Be physically active each day

Fitness problems such as obesity and overweight have reached truly epidemic proportions in the United States. In the last 20 years, obesity rates have increased by more than 60 percent among adults. In 1999, 61 percent of the adult population was either overweight or obese. The obesity epidemic impacts other diseases as well. For example, the incidence of type 2 diabetes, a major consequence of obesity, is on the rise. Among U.S. adults, diagnosed diabetes increased 49 percent from 1990 to 2000.

The rate of increase in overweight among young people has been even steeper. This is particularly troubling since many of the behaviors that lead to adult obesity are established during childhood. Just 10 years ago, type 2 diabetes was virtually unknown in children and adolescents. Indeed, the medical community commonly referred to the condition as "adult onset diabetes." Today, it accounts for almost 50 percent of new cases of pediatric diabetes in some communities. Medical complications associated with obesity in children can lead to hospitalizations for type 2 diabetes, sleep apnea, and asthma. Since 1980, the percentage of children who are overweight has nearly doubled, and the percentage of adolescents who are overweight has nearly tripled. About 8 million young Americans, almost 15 percent of all children, are overweight.

Americans young and old should incorporate regular physical activity into their everyday lives. This does not necessarily mean joining an expensive gym or committing to a rigorous exercise or training routine. It is suf-

ficient to choose activities that fit into your daily routine that speed your heart rate and breathing, or increase your strength and flexibility. Examples include walking to work, gardening, taking extra stairs, or mowing the lawn with a push mower. Besides building strength and aerobic fitness, regular exercise relieves stress, provides motivation, promotes relaxation, and facilitates sleep. Such activity reduces the risk of dying of coronary heart disease and decreases the risk for colon cancer, diabetes, and high blood pressure.

Regular physical activity is important throughout life. Healthy lifestyles are more influential than genetic factors in avoiding deterioration traditionally associated with aging. The growing number of older Americans places increasing demands on the public health system and on medical and social services. Currently, almost one-third of total U.S. health care expenditures are for older adults. These expenditures are largely due to treatment and care of chronic diseases, and the cost associated with many of these conditions could be reduced through regular physical activity.

For children, almost any physical activity is sufficient as long as they are moving. Playing actively or participating in athletic or physical fitness activities during school, running, biking, jumping rope, and dancing—instead of watching television or playing video games—all provide children with the kinds of activity they need.

Source: The Executive Office of the President and the Department of Health and Human Services

Intramural standings

Darts				Volleyball		
Team	Win	Loss	Pts	Team	Win	Loss
MSS/B	4	1	47	CES	10	0
CS	4	1	40	MOS	7	2
CES	3	2	37	LRA	6	4
SFS	2	3	30	CS	5	4
MSS/A	1	4	25	SFS/B	4	6
LRS	1	4	16	MSS	2	7
				SFS/A	2	7
				OSS	0	3
				MDG	0	3
Raquetball						
Team	Win	Loss				
MDG	3	2				
CS	2	4				
LRS	0	5				

(Intramural standings as of April 3)

Shorts

OUTDOOR RECREATION

We have the new season's fishing licenses (required as of Apr. 1, 2003)! Available are Certificates, Individual Fishing Stamps, Sportsmen's, and Husband and Wife Fishing Stamps.

DAKOTA LANES

Unlimited Bowling: Sunday from 6 to 9 pm. \$5 per person unlimited bowling, first come first serve.
75 cent Bowling: Mon-Wed-Fri from 11am to 1 pm, 75 cents a game.
Saturday Galaxy Bowling: Galaxy Bowl starting at 8 pm! Register to win the next Saturday Galaxy Bowling free for you and one other person. Must be used the following Saturday night. Cannot be carried over to any other Saturday night.
Family Bowling: Saturday from 11

a.m. to 5 p.m. Cost is \$1 per person per game. Limit three games.

BOATER SAFETY
There is a Boater Safety Class tonight from 6 to 9:30 p.m. at Outdoor Recreation. Required is you plan to rent motorized watercraft from Outdoor Recreation.

Also, ND law requires persons 12 –15 to pass an approved boating course if they operate motorboats propelled by motors over 10 horsepower (includes personal watercraft). Additionally, many insurance companies offer a premium discount to adults who complete this course. The course is free, please sign up at Outdoor recreation, 747-3688. The next class is on Apr. 22.

-Apr. 12 – Spring Turkey season opens

